

## Training trousers

The present invention relates to training trousers and specifically to such trousers, in which weight is used as a component to make training more  
5 effective.

Throughout history, sportsmen and others maintaining and improving their physical condition have attempted to do so by stressing themselves and their muscles. Exercise as such is usually enough to act as a basis for training, but  
10 often accessories are also used to make exercise more efficient.

The use of weights is one means of increasing efficiency. Many different kinds of weights are sold by sports-equipment stores, the most usual type being a belt, which is used, for example, worn round the waist, the wrists, or the ankles.  
15 Another type of weight is a vest-like weight, which is put on around the upper body like a conventional vest. The type of weights referred to work well up to a certain point in certain types of training, but there are also resolved drawbacks associated with their use.

20 One drawback of known solutions is, for example, that when the wearer moves, the weights too tend to move and thus cause abrasions where they are worn. In addition, in more strenuous exercises, there is always the danger that an additional protrusion, such as a weight belt, will cause injury, for example, in a fall. Another drawback that can be mentioned is a certain lack of balance, which  
25 means, for example, that weights placed like a vest around the upper body will tend to continue motion in exercise involving sudden changes of direction, and thus seriously disturb the balance of the exercise.

The invention is intended to create a training device, which when used  
30 effectively assists training, and which is more protective than injurious in all conditions and which is a simple and reliable device, the price of which too is not an obstacle to its ownership and use. An additional intention is to create a training device, with the aid of which exercise is balanced, in terms of both the location of the weights and also the performance of training events.

In the following, the invention is examined in greater detail with reference to the accompanying drawings, in which the invention is illustrated in connection with a pair of trousers.

- 5 The figure ths shows training apparel, in this case a pair of trousers 1, in which there are short legs 2. The general construction of the trousers can be more or less conventional, they have an outer fabric and inner lining in the usual manner. In the choice of material, it is best to favour a fabric or cloth that is stronger than usual, in order to ensure durability.

10

The basis idea of the invention is that a piece 3 of relatively heavy material is sown inside the trousers 1 or any other item of apparel normally used in training. In the case shown, there are two of the said heavy pieces, one on the outer side of each thigh.

15

- What is stated above concerning the sewing of the item of apparel can in fact refer to any form of attachment. Various method include, for example, forming a pocket, in which a piece of the said heavy material is placed. In that case, the item of apparel, such as a pair of trousers, and the piece 3 form a permanent  
20 totality and normally no kind of attempt is made to separate them.

- A second alternative is for the pocket made in the item of apparel to be able to be opened and closed. The opening/closing can take place in many ways, for example, by using buttons, Velcro, or zip fasteners. This construction has the  
25 advantage that the heavy piece 3 can be replaced with a corresponding other, for example, lighter or heavier piece, according to the desired training effect.

- The material of the heavy piece 3 is selected according to the desired criteria. What is essential is that the material is naturally sufficiently flexible to conform  
30 reasonably well to that part of the body that is inside the item of apparel. This avoids the skin being broken, because the piece does not move and thus does not cause abrasion. Another effect of this is that the item of apparel is neither felt by the wearer, nor noticeable externally. The apparel is of such a size and conformability that its presence cannot be detected, for instance, from the

appearance of an ice-hockey player.

A third advantageous property of apparel according to the invention is that there are no such components in it that could endanger the wearer. On the contrary,  
5 the apparel has a protective effect.

The heavy material of the apparel according to the invention can be, for example, of a mat-like rubber or plastic-based material, which is either characterized by being flexible, or the flexibility of which is then improved, for  
10 instance, by making suitable cuts or slits in the material.

The material 3 can, as such, be of a suitable sheet-like, heavy material, but if necessary, it can be equipped, particularly on the side lying against the body, with a suitable surfacing, which can be of fabric or cloth and can also include, if  
15 required, a padding material. In that case, the protective effect of the apparel according to the invention will be emphasized.

It is obvious that the above uses only a single item of apparel to describe the invention, which can in practice be applied to any suitable item of apparel at all,  
20 which is usually used for training. The pair of trousers must therefore not be regarded as in any way restricting the scope of the protection of the invention.